Sleep Advice

- Plan for 8 to 9 hours in bed. even if you are only resting
- Get into bed before 11pm
- Avoid late afternoon naps
- Keep daily naps to 20-30 min only
- Have a light meal at night
- Finish all eating 3 hours prior to going to sleep.
- Avoid drinking more than 4-8 ounces of fluid before going to bed.
- Have a soothing bath before bed to raise your core temp. It is the drop in temp that will allow you to sleep. Add a cup of Epsom salts. The magnesium is relaxing.
- Start to dim the lights about half an hour before you plan to go to bed.
- Especially the blue ones. TV, computer, cell phone or android.
- Place electrical fields at least 5 feet away from your head.
- Do not leave your cell phone on and near your head.
- If you need to work on your computer or watch TV, Cover your eyes with amber or yellow glasses to filter the blue light. Blue light disrupts melatonin release.
- Practice belly breathing or meditation before bed.
- Ensure your pillow is the correct height
- Make sure your feet and hands are warm
- Take time in the morning to face the light for about 10 minutes

Avoid Stimulants

- Avoid alcohol 3 hours before bed
- Avoid any caffeine after 2pm. Including coffee, coca cola, flu medications or decongestants.
- Avoid Aerobic activity after 6pm
- Chamomile and herbal teas before bed may relax you

Supplements

- 5-HTP – 50-300 mg 1 hour before bedtime
- Taurine – 500-2000 mg 1 hour before bedtime
- Magnesium/Calcium – 250 mg /500 mg is a typical dose OR magnesium citrate or glycinate 400-800 mg at bedtime.
- Calming Herbs – Lemon balm, Passion flower, Valerian root

www.live2ahundred.com

health@live2ahundred.co.za